

**GARNER POLICE DEPARTMENT**  
**Employee / Applicant Process – POPAT RESULTS**



Name of Employee/Applicant: \_\_\_\_\_

Date of Test: \_\_\_\_\_ Location: \_\_\_\_\_

Fitness Instructor 1: \_\_\_\_\_  
PRINT NAME

Fitness Instructor 2: \_\_\_\_\_  
PRINT NAME

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Scenario #1 Time of Test: Beginning \_\_\_\_\_; End \_\_\_\_\_; TOTAL TIME \_\_\_\_\_

Start Position in Chair:

1. Chair to Cone 1 (40 ft.) and back (around chair) 2 times
2. Chair to Cone 2 (60 ft.) while completing the following obstacles: broad jump, fence climb, Crawl under obstacle
3. Cone 2 to mat
4. Bag Roll Drill, 3 repetitions
5. 20 push-ups
6. Bag Roll Drill, 3 repetitions
7. Mat to Cone 2 while completing the following obstacles: broad jump, fence climb, Crawl under obstacle
8. Cone 2 to step box
9. 30 Steps (up and down) on step box
10. Bag Roll Drill, 3 repetitions
11. 20 push-ups
12. Bag Roll Drill, 3 repetitions

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Scenario #2 Time of Test: Beginning \_\_\_\_\_; End \_\_\_\_\_; TOTAL TIME \_\_\_\_\_

Start from Standing Position:

1. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
2. 30 Steps (up and down) on step box
3. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
4. Drag 175 lb. dummy from Cone 3 to Cone 4 (25 ft.) and back to Cone 3 (past line adjacent to cone each way)

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Employee/Applicant: \_\_\_\_\_ / \_\_\_\_\_  
SIGNATURE DATE